

# Wisconsin Diabetes Weekly

Monday, July 22, 2019

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## In the News

### First Trimester Elevated BP Increases Risk for BP Disorder Later in Pregnancy

Elevated blood pressure (BP) in the first trimester of pregnancy, or an increase in BP between the first and second trimesters, raises the chances of a high blood pressure (HBP) disorder of pregnancy, according to a new study. Researchers sought to determine how revisions in guidelines for BP in non-pregnant adults might apply to pregnant women. The results suggest that BP readings lower than those traditionally used to identify women as having HBP may indicate a higher risk for a hypertensive disorder of pregnancy, such as gestational HBP, which develops after the 20th week of pregnancy, and preeclampsia, or HBP and protein in the urine. Both conditions increase the risk for stroke in the mother and for stillbirth, preterm birth and low birth weight. Preeclampsia also increases the risk for eclampsia – life-threatening seizures for the mother. [Read more.](#)

### NIH: Scientists Link Genetics to Risk of High Blood Pressure Among Blacks

Variants in the gene ARMC5 may be associated with high blood pressure among blacks, according to a National Institutes of Health (NIH) study. The study team identified 17 variants in the ARMC5 gene that were associated with high blood pressure by analyzing genetic research databases that include those of African descent. The study was published in a recent issue of the *Journal of the American Heart Association*. [Read more.](#)

## Important News

### CDC Updates Prediabetes Screening Test

The Centers for Disease Control and Prevention (CDC) recently updated its [Prediabetes Screening Test](#) to ensure that CDC and the American Diabetes Association (ADA) provide the same risk test to the American people, avoiding potential confusion. The new ADA/CDC prediabetes risk test ensures questions are easy to understand and users can access further information easily. The new ADA/CDC risk test also provides stronger calls to action, a results page that can be emailed and printed, an explanation of what results mean, and an opportunity to share the test with friends and family. A [pdf version](#) of the new risk test is also available.



### Researchers Uncover Protective Factor in Diabetic Eye Disease

Researchers at Joslin Diabetes Center have shown that a protein found in the eye can protect against and potentially treat diabetic eye disease. At high enough levels, Retinol Binding Protein 3 (or RBP3) prevents the development of diabetic retinopathy. If introduced early enough in the development of the disease, RBP3 was shown to reverse the effects of the complication in rodent models of diabetes. [Read more.](#)

In the News *continued* . . .

### FDA: Making Medication Labeling Consistent and Clear

The U.S. Food and Drug Administration (FDA) continually works to help ensure that FDA-approved medication and biological product labeling (often referred to as the “package insert” or Prescribing Information) provides clear, complete information so that health care professionals have the essential information needed to make informed decisions and to facilitate safe and effective use of a medication. One area of patient counseling that is incredibly important within a discussion about a product’s benefits and risks is the potential for abuse and development of a physical dependence to a prescription drug. This is relevant in the context of prescription opioids for treating pain, but it’s important for patients to understand that other drugs can be habit-forming as well – for example, certain medications used to treat insomnia and some medications used to treat attention deficit hyperactivity disorder. [Read more.](#)



In the News *continued* . . .

### Study Suggests Genetic Testing for Young People Diagnosed with Type 1 Diabetes

A Joslin Diabetes Center study among people treated for type 1 diabetes for many years has discovered that a minority may have monogenic diabetes, a non-autoimmune inherited condition that in some cases does not require insulin treatment. “Our finding has clinical implications,” says George L. King, MD, Joslin Senior Vice President and Chief Scientific Officer, and senior author on a paper describing the work published in the *Journal of Clinical Investigation*. “We are recommending that everyone under 18 who is diagnosed with type 1 diabetes be screened for monogenic diabetes, which is not being done at this time.” [Read more.](#)



Resources in this newsletter are compiled by the Wisconsin Chronic Disease Prevention Program.

## Journal Articles and Reports of Interest

**Antidepressants Reduced Risk of Mortality in Patients with Diabetes Mellitus: A Population-Based Cohort Study in Taiwan.** Chen HM, et al. *J Clin Endocrinol Metab.* 2019 Jul 2. doi: 10.1210/jc.2018-02362. [Epub ahead of print]

**Association Between Metformin Initiation and Incident Dementia Among African American and White Veterans Health Administration Patients.** Scherrer JF, et al. *Ann Fam Med.* 2019. doi: 10.1370/afm.2415.

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